

# **FACT: 27% OF VETERANS DIAGNOSED WITH PTSD ALSO HAVE SUBSTANCE USE DISORDER**

## **PTSD AND PRESCRIPTION PAINKILLERS: WHAT U.S MILITARY ACTIVE DUTY AND VETERANS SHOULD KNOW**

**PTSD medications can sometimes have adverse effects when combined with opioids. If you are struggling with PTSD and pain, consider some non-narcotic options:**

- **Over-the-counter medications such as Tylenol or ibuprofen**
- **Cognitive behavioral therapy**
- **Exercise therapy, including physical therapy**
- **Medications for depression or for seizures**
- **Interventional therapies (injections)**
- **Exercise and weight loss**
- **Other therapies such as acupuncture and massage**



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER MISUSE IN TEXAS.

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For more information, visit the  
**Military Service/Veterans** page at:  
**DoseOfReality.Texas.gov**

A message from the Office of the Attorney General of Texas, Texas Health and Human Services, and Texas Department of State Health Services.



**TEXAS**  
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